

**McLaren Print System Order**

**Order No: 7350**  
**Order Date: 2014-11-25**  
**User: Louann Harmon**  
**Phone: 5179759844**

**Ship Location: Louann Harmon**  
**1035 Charlevoix, Ste 200**  
**Grand Ledge, MI 48837**

**Forms**

**Quantity: 500**  
**Paragon Dept No: 67325**  
**Dept Name: MGL Grand Ledge Health Center**  
**Company Number: 810**

**Order Total Price: 47.40**

**Item Number: MM-3359**  
**Item Description: Normal Lab Results Card (Adult)**  
**Revision Date: 10/2013**  
**Print: 2 sided black and white**  
**Paper: 65# White Cover**  
**Size: 8.5 x 11**  
**Fold: Bi-Fold (1/2)**  
**Finish:**  
**Drill:**  
**Misc Info:**

- **Total cholesterol** should be less than 200
- **HDL** (good cholesterol) should be over 40 and over 50 (women) with regular exercise
- **LDL** (bad cholesterol) should be less than 130 for those at average risk. For people with moderate risk it should be less than 160. For people with coronary artery disease, diabetes, stroke, or cardiovascular disease, LDL should be under 100. To lower it, eat less on fat and cholesterol in your diet and exercise regularly
- **Triglycerides** (should be) should be less than 150. High levels of dietary carbohydrates (sweets, pasta, cereal, rice) and restriction of alcohol reduce triglycerides
- **Hemoglobin (Hgb)** is a measure of red blood cells. If low, you have anemia
- **Normal fasting blood sugar** or glucose (F75-100) shows tolerance of them 125-160. A result over 125 may indicate diabetes
- **Hgb A1C (HbA1C)** is a measure reflecting the average blood sugar over the last three months
- **HbA1C** under 7.0 is recommended for diabetic patients
- **TSH** (Thyroid screening test) is elevated in underactive thyroid and low in overactive thyroid
- **PSA** (Prostate specific antigen) is a measure of prostate activity. Normal values are 0-4.0. Higher levels may require further testing
- **WBC** and **Differential** are white blood cells when either are high, the kidneys are not functioning optimally
- **Electrolyte abnormalities** may be caused by water pills, kidney problems, dietary deficiencies or other medical problems
- **Panel Overall Blood** is a test for hidden blood in the stool, and one step to screen for colon cancer if positive, you may need a colonoscopy
- **White Blood Cell Count** is often elevated in patients with infections
- **INR** - Routine paper assays are an important way to screen for certain cancers. For women between the ages of 40 and 65, the American Cancer Society recommends a pap smear every one to three years
- **Hemoglobin** - Please remember that about 10% of cancers cannot be found by mammograms, and that early detection requires a combination of routine and opportunistic pelvic ultrasound exams and yearly hemoglobin

*Thank you*  
*for choosing*  
**McLaren**  
HEALTH CARE  
*and the physicians and staff who serve you.*

Enclosed are the results of your recent laboratory tests for your personal file.

Please bring all medications to your next physician appointment.